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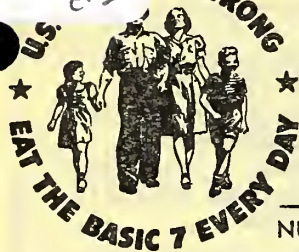
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# NUTRITION

U. S. DEPARTMENT OF AGRICULTURE

## News Letter

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### UNESCO SELECTS "FOOD AND PEOPLE" AS TOPIC FOR DISCUSSION

Among its other purposes, the United Nations Education, Scientific, and Cultural Organization seeks to promote interest in vital world-wide problems. Since the world's resources for feeding an increasing population are distributed unevenly and in some places used wastefully, UNESCO selected "Food and People" as a major topic for study and discussion in 1950. The Food and Agriculture Organization is backing the "Food and People" project and its experts have assisted UNESCO in preparing materials.

"Food and People" can be studied as a problem of applying scientific knowledge for the welfare of mankind. It can also be looked at as a problem of freeing the channels of trade, so that surpluses in one area can become available to those who need them elsewhere. Or it may be viewed as a problem of the balanced development of industry. It may be studied as an aspect of problems in relationships between underdeveloped and more highly industrialized countries, or in the context of proposals being made by the UN for extending technical assistance to countries economically underdeveloped.

In the United States, this topic will be presented in newspaper features, magazine articles, and radio programs.

It is hoped that nutrition committees will study and discuss the global aspects of the problem, its implications for this country, and support practical steps that can be taken toward its solution.

### DR. SEBRELL AND DR. STIEBELING IN GENEVA

Dr. W. H. Sebrell of the National Institutes of Health and Dr. Hazel K. Stiebeling of the Bureau of Human Nutri-

tion and Home Economics attended a meeting in Geneva October 24-28 of the Joint Nutrition Advisory Committee to FAO and WHO. These two international organizations have agreed that a single advisory committee should serve both organizations.

### MILK QUALITY AND MILK REGULATIONS

Market milk and its products must conform to various statutes, ordinances, and regulations adopted and administered by local, State, and Federal authorities for the purpose of protecting public health. A study of the effect of these regulations upon milk quality is being undertaken by the National Research Council under a contract with the U. S. Department of Agriculture, financed by appropriations under the Research and Marketing Act of 1946.

The study will be conducted under the supervision of a committee operating under the Food and Nutrition Board and the Agricultural Board of the NRC.

### BREAD HEARINGS ENDED

Hearings for definitions and standards of identity of bread, rolls, and related products closed on September 20. The Committee, in session for 116 days, heard new evidence that has become available since the hearings that resulted in the bread order proposed August 3, 1943. At the request of the War Food Administration that order was not promulgated because of the existing emergency conditions. When the evidence presented at the recent hearings has been studied the Federal Security Administrator will issue a new proposed order.

### WORKSHOP ON MICROCHEMICAL TECHNIQUES HELD IN BELTSVILLE

Instruction in the Bessey-Lowry microchemical techniques of blood analysis was



given under the direction of Dr. Millicent L. Hathaway in the BHNHE laboratories at Beltsville, Md., from September 6 to 23. The 11 participants were scientists expecting to use the techniques in studies of nutritional status in relation to food intake, cooperative with BHNHE under the Research and Marketing Act.

These new techniques require only a few drops of blood taken from the finger tip rather than several milliliters taken from a vein in the arm. They speed up nutritional surveys, especially those that involve school children or other large population groups.

#### FISH COOKERY DEMONSTRATIONS FOR SCHOOL LUNCH WORKERS

Children will eat more fish in school lunches this year if demonstrations of fish cookery given at school lunch workshops this summer bear expected results. That children like fish if properly prepared was shown by experimental work of the U. S. Departments of Agriculture and Interior last year (Dec. NNL), and corroborated by school lunch use.

Six methods of preparing fish were demonstrated and information given about market forms of fish products, nutritive value, care, storage, and how to garnish and serve. The recipes were developed by BHNHE and Fish and Wildlife Service and published in "School Lunch Recipes Using Fish," PA-66, available from PMA Information Branch, USDA, Washington 25, D. C.

The demonstrations were made by home economists of the Fish and Wildlife Service of the U. S. Department of the Interior in cooperation with State, county, or city departments of education. They were part of school lunch workshops in Florida, North Carolina, Mississippi, and Tennessee. Last spring 14 demonstrations were held in Virginia in cooperation with the State Department of Education with 475 people attending from 176 schools.

If your State has not already arranged for such demonstrations of the use of seafoods, you may want to write to Mrs. Rose Kerr, Fish and Wildlife Service, U. S. Department of the Interior, P. O. Box 128, College Park, Md., for information about the services offered by that Agency.

#### NUTRITION PLANNING COMMITTEE NOTES

At the September meeting the chairman called attention to Secretary Brannan's memorandum which transferred the function of coordinating nutrition services from PMA to BHNHE.

The objectives sought through coordination of nutrition services are outlined as follows in the Secretary's memorandum:

"(1) Among Federal agencies to provide a focal point of cooperative effort. The nutrition coordination staff will serve the Inter-Agency Nutrition Planning Committee which maintains liaison with State, county, and city nutrition committees, and will issue the monthly "Nutrition News Letter," and help to make the committees more effective.

"(2) Within the Department of Agriculture to bring about close working relationships in nutritional matters involving research, education, marketing services, school lunch, food distribution, nutritional considerations in production programs, and other program objectives.

"(3) To maintain liaison between the Food and Agriculture Organization of the United Nations and our Government in the specific area of nutrition. The staff would serve the Interdepartmental Committee on Nutrition in the United States, which advises the U. S. FAO Inter-Agency Committee on such matters."

In discussing nutrition workshops held during the summer throughout the country, members pointed out that if plans for next summer's workshops and institutes were announced early in the spring it would help those who want to take part to schedule their programs.

On September 9 the committee attended a group meeting of the National Commission of UNESCO considering "Food and People," chaired by M. L. Wilson. (See page 1.)

*Gertrude R. Drinker*

Gertrude R. Drinker,  
Chairman.

## INCREASING COMMUNITY INTEREST IN A BERKELEY (CALIF.) SCHOOL LUNCH PROGRAM

"We have reached more parents, children, and teachers through sending menus home than by any other activity." So writes the supervisor of the Berkeley (Calif.) School Lunch Program in School Lunch and Nutrition News, issued by the California State Department of Education.

She goes on to say that nutrition notes added to menus interested both parents and teachers. Many parents built home menus around them and teachers used them in class work.

In one lunchroom a group of mothers observed the children, ate the type A lunch, and then discussed with the nutrition consultant how food habits are formed and changed, and how home menus can be built around school lunch menus.

The community is kept informed of new developments in the program through newspaper articles and each year the supervisor of school lunches describes the program in a school-sponsored radio broadcast.

An in-service training course "Food for Fitness" was attended by about 100 persons, including staff members, school supervisors and principals, representatives of the Parent-Teacher Association, and workers from parochial schools.

In addition, parents were invited to eat in school lunchrooms, special diets were planned for allergy cases, and rat growth projects were conducted in several elementary schools with the cooperation of the American Red Cross.

## ST. LOUIS (MO.) HAS NUTRITION COURSE

The Social Planning Council and the St. Louis Consumer Federation sponsored a nutrition course held in the Washington University School of Medicine two evenings a week from September 26 to October 28.

The course was designed to meet the community's need for nutrition education. It was planned for those with widespread influence; social workers, physicians, dentists, nurses, and teachers as well as for men and women interested in the subject, appreciating its worth to themselves and their families.

The course gave information about sources of nutrients in everyday foods, preparing foods to keep maximum value,

buying good nutrition at different cost levels, and meal-planning for children, adults, and the aged.

## NEWS OF STATE COMMITTEES

### DELAWARE

A breakfast campaign for the week of November 14 was mapped out at recent meetings of the Delaware Nutrition Committee, according to M. Gertrude Holloway, the new chairman.

The campaign was planned around the needs revealed by a State-wide survey made a year ago in which 920 people, representing industrial workers, homemakers, school children, and university men and women, were interviewed.

Plans for the week include radio and newspaper publicity throughout the State, local exhibits, publicity breakfasts, and window displays. Home economics students in the high schools and at the University of Delaware are planning work on breakfasts during the month of November. Four-H clubs and home demonstration groups will include a breakfast day as part of their November meetings.

### WEST VIRGINIA

At the August meeting at Jackson's Mill, members of the State Nutrition Committee reported that:

..Nutrition literature was distributed at an American Federation of Labor meeting and a nutrition exhibit shown.

..The committee is working on a survey questionnaire for use in organizations and clubs to publicize nutrition.

..The Good Breakfast Program was mentioned in an article in Coronet for August. The committee plans to publicize the article through newspapers and radio.

Extension Director J. O. Knapp gave his observations on nutrition conditions in Germany.

### OKLAHOMA

Methods and materials used to make their nutrition teaching more effective were explained and demonstrated by representatives from seven groups at the May meeting of the State Nutrition Council. Talks on new research in nutrition and on the importance of continuing the work of nutrition committees rounded out the program.



Plans for the 1940 program of work were set up and Geraldine Piper was elected new chairman of the Council at its September meeting. This program included a talk on "Nutrition and Dental Caries."

#### NEW MEXICO

Last spring Highlands University asked the State Nutrition Committee to cooperate in a workshop on nutrition for elementary teachers. The committee worked with the University in planning the workshop, securing outside speakers, and obtaining support. Several members of the committee participated in the workshop.

With the assistance of county extension agents, home economics teachers, and public health nurses, the committee collected food prices throughout the State for the use of the State Welfare Department in computing the current cost of their food budget.

The School Lunch Project, which is represented on the State Nutrition Committee, conducted 19 workshops in the State from February through May. The 514 persons attending represented 140 schools.

At the workshops, contact with school lunch workers built up a mutual interest; talks stimulated response to problems on the part of workers; and ground work was laid for future workshops.

This year the School Lunch Project plans to—

..Have group participation and give diploma-like certificates to those who actively participate.

..Have fewer lectures and more actual food preparation and work.

..Hold workshops earlier in the year.

..Coordinate health and nutrition into the school curriculum.

Dorothy B. Hacker is the new chairman of the State Nutrition Committee.

#### NEW MATERIALS

From U. S. Public Health Service,  
Washington 25, D. C.

"Iodine—A Food Essential" by W. H. Sebrell. Reprint from Public Health Reports, vol. 64, no. 34, pp. 1075-1087, August 26, 1949.

From Office of Information, USDA,  
Washington 25, D. C.

"Turkey on the Table the Year Round" (Farmers' Bul. 2011, 1949, 22 pp., illus.)

From Bureau of Human Nutrition and Home Economics, USDA, Washington 25, D. C.

"Fats and Oils Consumed by City Families based on 1948 Food Consumption Surveys." (Commodity Summary No. 2. Processed, 1949, 11 pp., illus.)

"Nutritive Value of Family Diets—Four Cities, Winter 1948. 1. Average Values for Families Classified by Income. Birmingham, Alabama; Buffalo, New York; Minneapolis-St. Paul, Minnesota; and San Francisco, California." (Preliminary Report 6, 1948 Food Consumption Surveys. Processed, 1949, 32 pp.)

"Family Food Consumption in Four Cities Winter 1948. A Summary Report." (Preliminary Report 7, 1948 Food Consumption Surveys. Processed, 1949, 25 pp.)

"Family Food Consumption for Three Seasons in Birmingham, Alabama. 1 Week—Winter, Spring and Fall 1948." (Preliminary Report 8, 1948 Food Consumption Surveys. Processed, 1949, 23 pp.)

From Production and Marketing Administration, USDA, Washington 25, D. C.

"School Lunch Recipes for 25 and 50" (PA-68, 1949, 47 pp.)

From Superintendent of Documents, GPO,  
Washington 25, D. C.

"Consumption of Foods in the United States 1909-1948." (Misc. Pub. 691, 1949, 196 pp.) 65 cents.

"Home Freezers, Their Selection and Use." (Misc. Pub. 687, 1949, 16 pp.) 10 cents.